

Sleepless Nights?

Why suffer with a Sleep Disorder?



Stevens Hospital
Sleep Center can
help you get your
life back.

 **Stevens HOSPITAL**
Sleep Center

Stevens Hospital

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Which Person Has a Sleep Disorder?

They Both Do.



 **Stevens HOSPITAL**

If any of these questions have applied to you during the last year you may have a sleep disorder.

Do you snore? ☐ Yes ☐ No

Has anyone told you that you stop breathing during sleep? ☐ Yes ☐ No

Do you awaken choking or gasping for breath? ☐ Yes ☐ No

Do you feel tired or fatigued when you wake up? ☐ Yes ☐ No

Has your weight changed in the last 5 years? ☐ Yes ☐ No

Do you fall asleep before the end of movies or tv programs? ☐ Yes ☐ No

Do you have high blood pressure? ☐ Yes ☐ No

When you're angry or hear a funny joke, have you experienced loss of muscle control or weakness? ☐ Yes ☐ No

When you are waking up or falling asleep, do you feel unable to move? ☐ Yes ☐ No

Do you have uncomfortable feelings in your legs that keep you from falling asleep? ☐ Yes ☐ No

Do you sometimes feel that you can't keep your legs still at night? ☐ Yes ☐ No

Have you been told that you do unusual things during sleep, such as sleepwalking, acting out dreams or shouting, etc? ☐ Yes ☐ No

Do you often have trouble sleeping because *(check all that apply)*

- ☐ I have trouble falling asleep.
- ☐ I wake up during the night and have trouble getting back to sleep.
- ☐ I wake up earlier than I would like to.

KNOW THE RISKS OF POOR SLEEP

It is estimated that 30 to 40 million Americans suffer from serious sleep disorders. If left untreated, sleep disorders can significantly increase a person's risk for high blood pressure, heart attack, stroke and accidents. Sleep loss is known to affect mood and concentration levels to the point where the ability to perform daily tasks may be compromised. Unfortunately, most sleep disorders go undiagnosed and therefore untreated. Untreated sleep disorders can cause serious medical and social problems and may even lead to premature death.

SLEEP APNEA

People with this disorder frequently snore and they stop breathing repeatedly during sleep as their airway collapses. This causes disruption of the sleep cycle as they arouse from sleep to start breathing again.

Obstructive sleep apnea can be a life-threatening disorder, causing: high blood pressure, heart disease, heart attack, stroke, memory problems, weight gain, impotency and headaches. Also, many fatigue-related motor vehicle accidents and workplace accidents are caused by sleep apnea.

The most common symptoms of sleep apnea are:

- Snoring
- Large neck size
- Crowded airway
- Morning headache
- Sexual dysfunction
- Irritability
- Memory loss
- High blood pressure
- Depression
- Obesity
- Gasping or choking during sleep
- Excessive daytime fatigue and sleepiness
- Falling asleep easily at inappropriate times
- Frequent urination at night
- Poor judgement or concentration

RESTLESS LEG SYNDROME (RLS)

Restless Leg Syndrome (RLS) is marked by uncomfortable leg sensations that occur continually while the body is at rest. RLS is the basic cause of sleep deprivation for up to an estimated 4 million adult Americans. RLS is characterized by the following signs and symptoms:

- The need to move the legs to relieve the discomfort by stretching, bending or rubbing the legs, tossing or turning in bed, or getting up and pacing the floor

PERIODIC LEG MOVEMENTS IN SLEEP (PLMS)

Periodic Leg Movements in Sleep (PLMS) is a syndrome that consists of periodic movements of the legs, feet, and/or toes during sleep. People with PLMS are often not aware of these movements, and often complain of several symptoms including:

- Insomnia
- Excessive daytime sleepiness
- Frequent awakenings from sleep
- Unrefreshing sleep

NARCOLEPSY

Narcolepsy is a chronic neurological disorder. It affects an estimated 200,000 Americans. The following signs and symptoms characterize narcolepsy:

- Sudden, uncontrollable episodes of sleep at inappropriate times, such as while having dinner or working
- Sudden episodes of loss of muscle tone (ranging from slight weakness to complete body collapse)
- Disrupted nighttime sleep with frequent awakenings

THE LATEST TECHNOLOGY IN A CARING, COMFORTABLE ENVIRONMENT

Stevens Sleep Laboratory features the latest in technological innovations.

Stevens Sleep Center is staffed by a specially trained team of physicians, sleep specialists and technologists who work together to provide the highest quality of patient care. The medical team leads patients through the process of consultation, sleep studies (if necessary) and treatment. Multiple resources are available for support and follow-up.

At Stevens Hospital Sleep Center, sleep studies are conducted in comfortable, private rooms with bathrooms. The rooms were designed with patient comfort in mind and are similar to a quality hotel room.

FIND THE WAY TO A BETTER NIGHT'S SLEEP NOW

Stevens Sleep Center is currently accepting new patients. There are a variety of treatments for sleep disorders. The most appropriate treatment depends on an individual's past medical history and the severity of the disorder.

There is no need to suffer from a sleep disorder. Discuss it with your Primary Care Physician or call Stevens Sleep Center at (425) 640-4660. You could soon be on the road to a great night's sleep.

To find out more about Stevens Hospital Sleep Center or to make an appointment, call (425) 640-4660.